WISCONSIN SCHOOL BREAKFAST

SCHOOL DAYS + MORNING NUTRITION = STUDENT SUCCESS!

Grab n' Go – cold menu options (Grades K – 12)			
	Servings	Components	
Soft pretzel Cheese stick 100% fruit juice Choice of milk	1 oz. soft pretzel 1oz. cheese ½ cup fruit juice 8 fl oz. choice of milk	1 grain 1meat/ meat alternative 1 fruit 1 milk	
Peanut butter sandwich Banana Choice of milk	2 oz. = 2 slices bread 2 Tbs. peanut butter 1 small 6" banana 8 fl oz. choice of milk	2 grain 1 meat/ meat alternative 1 fruit 1 milk	
Assorted muffins Choice of cereal *[1] Mandarin orange cup Choice of milk	2 oz. muffin 1 oz. cereal ½ cup mandarin orange cup 8 fl oz. choice of milk	1 grain 1 grain 1 fruit 1 milk	
Frosted cinnamon roll 100% fruit juice Choice of milk	5 oz. cinn. roll ½ cup fruit juice 8 fl oz. choice of milk	2 grain 1 fruit 1 milk	
Grab n' Go – hot menu options (Grades K – 12)			
Breakfast burrito *[2] with salsa Tater tots Choice of milk	1 oz. cooked sausage 1 egg 1 oz. shredded cheese 2 Tbs. salsa 1oz.= small tortilla ½ cup tater tots 8 fl oz. choice of milk	1 meat/ meat alternative 2 meat/ meat alternative 1 meat/ meat alternative 1/8 vegetable 1 grain 1 vegetable 1 milk	
French toast stix *[1] with powdered sugar Kiwi fruit + grapes Choice of milk	2 serving (per CN label) French toast stix 1 med. Kiwi fruit + 7 large grapes 8 fl oz. choice of milk	2 grain 1 fruit 1 milk	
Grilled ham and cheese Baby carrots Choice of milk	2 oz. 2 slices of bread 1 oz. ham 1 oz. processed cheese 2.5 oz. baby carrots 8 fl oz. choice of milk	2 grain 1 meat/meat alternative 1 meat/ meat alternative 1 vegetable 1 milk	
Breakfast pizza *[2] Sliced pineapple Choice of milk	1 egg ½ oz. ham 2 Tbs. tomato sauce 1 oz. shredded cheese 2 oz English muffin ½ cup pineapple 8fl oz. choice of milk	2 meat/ meat alternative ½ meat/ meat alternative 1/8 vegetable 1 meat/ meat alterative 2 grain 1 fruit 1 milk	

Note: All breakfast selections can be used for Breakfast in the Classroom and traditional cafeteria-style breakfasts

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[1] Refer to: USDA Food Buying Guide, 2001: pages 3-15 and 3-16. FCF instructions 783.1 Revision 2: Exhibit A

[2] Use comparable CN label